

TOBACCO FACT SHEET

Minorities and Tobacco Use

Cigarette smoking is the chief preventable cause of death and disease in the United States. African Americans suffer the highest death rates from smoking among all U.S. population groups.

Mississippi Fact

- In 2000, 20.2 percent of minority adults were smokers



Healthy People 2010 National Objective:

Reduce cigarette smoking to a prevalence of no more than 12 percent among black people ages 18 and older. (Baseline: 25 percent of this age group smoked in 1998.)

The Facts

- Black men are at least 50 percent more likely to develop lung cancer than white men.
- Each year, approximately 45,000 African Americans die from a preventable smoking-related disease.
- Between 1998 and 2000, smoking prevalence remained steady among blacks – 22.8 percent.
- Black-owned and black-oriented magazines receive proportionately more revenues from tobacco companies than do other magazines.
- In 1999, 40.8 percent of American Indians and Alaskan Natives were current smokers.
- As of 2000, 21.9 percent of Hispanic adults smoked cigarettes.
- The tobacco industry successfully targets African American and other minority communities by sponsoring entertainment, sporting, and cultural events and political and literacy campaigns.

The Risks

- The effects on health from smoking build up over time. Smokers are at a higher risk than non-smokers for:
 - ✓ Lung cancer
 - ✓ Cancers of the mouth, bladder, kidney, pancreas, and other organs
 - ✓ Heart attack (smoking is the leading cause of heart disease for men under 50 years of age)
 - ✓ High blood pressure
 - ✓ Stroke
 - ✓ Miscarriage, stillborn or low-birthweight baby
 - ✓ Emphysema
 - ✓ Addiction to nicotine
 - ✓ Diabetes
- The risk of becoming ill because of smoking increases the more a person smokes. It depends upon:
 - ✓ How long one has smoked
 - ✓ How much one smokes
 - ✓ How deeply one inhales

What Can Be Done

By Adults:

- ✓ The safest and smartest thing you can do for your health is to quit smoking, change behavior and begin an exercise/nutrition program.
- ✓ Educate yourself on the harms and effects of tobacco use.
- ✓ Set an example. Your children are twice as likely to smoke if you do.

By Youth;

- ✓ Educate yourself on the harmful effects of tobacco use.
- ✓ Set an example for your peers and others.

Produced by—



MISSISSIPPI STATE DEPARTMENT OF HEALTH

Post Office Box 1700
570 East Woodrow Wilson
Jackson, Mississippi 39215-1700

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